What is claimed is:

- 1. A pillow, comprising:
- a foam main-body,
- a plurality of foam projections extending off of said foam main-body, said projections being in first and second groups which define different support characteristic zones.
 - 2. The pillow of claim 1 whereas said projections are of a foam material.
 - 3. The pillow of claim 1, wherein the device includes a first row of cylindrical foam projections and a second row of cylindrical foam projections and a top surface of the cylindrical projections in the first row have a larger radius than top surfaces of the cylindrical projections in the second row.
 - 4. The pillow of claim 1 wherein said pillow is formed as a monolithic foam body.
 - 5. The pillow of claim 4, wherein said pillow is formed of a visco-elastic foam.
 - 6. The pillow of claim 1 wherein said pillow is formed entirely of visco-elastic foam.
 - 7. The pillow of claim 1 wherein said first group of projections include multiple rows of a first size projection and said second group of projections include multiple rows of a second size projection.
 - 8. The pillow of claim 7 wherein said first and second groups of projections include cylindrical foam extensions.
 - 9. The pillow of claim 7 wherein said first group of multiple rows of projections include a pair of laterally spread apart longitudinally extending rows of projections in a

central region of the surface of said foam main-body, and wherein said second group of multiple rows of projections include a pair of longitudinally extending rows of projections that are positioned to opposite lateral sides of the pair of the longitudinally extending rows of the projections of said first group in the central region.

- 10. The pillow of claim 9 wherein the projections of said first group are smaller in volume than the projections of said second group.
- 11. The pillow of claim 10 wherein the projections within said first group are of a common size and configuration within said first group, and wherein the projections within said second group are of a common size and configuration within said second group.
- 12. The pillow of claim 11 wherein said projections in each of said first and second groups are cylindrical projections.
- 13. The pillow of claim 1 wherein said main-body and projections are formed of a visco-elastic foam material having a density range of 2.0 to 3.0. pcf.
- 14. The pillow of claim 13 wherein said projections of said first group and said projections of said second group are of a common general shape.
- 15. The pillow of claim 1 further comprising a third projection group spaced from said first and second groups of projections.
- 16. The pillow of claim 15 wherein said first projection group includes laterally spaced apart longitudinally extending rows of projections, and said second group of projections include longitudinally extending rows of projections of larger size or volume than the projections in said first group, and longitudinally extending rows of said second projections being positioned to opposite outer lateral sides of said first group projections

and wherein said third projection group comprises first and second extension ridges extending longitudinally and positioned to opposite lateral sides of said second group of projections.

- 17. The pillow of claim 16 wherein said first and second extension ridges are provided respectively, at the front and rear edges of said main-body and extend longitudinally from end to end at the front and rear of said pillow.
- 18. The pillow of claim 1, wherein said surface of said main-body has a convex curvature.
- 19. The pillow of claim 18 wherein said convex curvature extends in a lateral direction.
- 20. The pillow of claim 19 wherein the projections of said first group include cylindrical projections, and the projections of said second group include cylindrical projections that are laterally external to said first group of projections and are of a larger radius than a cylindrical projection in said first group.
- 21. The pillow of claim 1 wherein the projections in said first and second groups have an average cross-sectional width value that is greater than a distance of extension of said projections transversely off a supporting surface of said main-body.
- 22. The pillow of claim 21 wherein said distance of extension of said first and second groups is within 15% of each other.
 - 23. A pillow, comprising:
- 5 a main-body,

projections arranged in a plurality of rows of said projections extending off said main-body, and said projections including a first type of projection having a first support

characteristic, a second type of projection having a second support characteristic and a third projection type, with said first, second and third projection types being arranged on said main-body to define first, second and third different support characteristic zones.

24. The pillow of claim 23 wherein said first type of projection includes laterally spaced apart longitudinally extending rows of projections and said second type of projections includes laterally spaced apart longitudinally extending rows of projections, and wherein said third projection type includes a longitudinally extending ridge extension.

- 25. The pillow of claim 24 wherein said third projection type further comprises a second longitudinally extending ridge extension.
- 26. The pillow of claim 25 wherein said first, second and third projection types are arranged laterally in a sequence of first ridge extension, first longitudinal row of second type projection, pair of longitudinal rows of first type projections, second longitudinal row of second type projections and second ridge extensions.
- 27. The pillow of claim 23 whereas said pillow has a symmetric relationship with respect to projection types about a centrally located longitudinal cross-section line.
- 28. The pillow of claim 23 wherein said first and second projection types have CFD values of .35 to .55 lbs and .60 to .80 lbs, respectively, with a density range of foam forming said first and second projection types of 2.0 to 3.0 pcf and wherein said first projection type is more centrally positioned than said second projection type.
- 29. The pillow of claim 28 wherein said third projection type includes a ridge extension extending along a forward or front longitudinal edge of said main-body.

30. The pillow of claim 23 wherein said first projection type includes cylindrical projections and said second projection type includes cylindrical projections less centrally positioned than the projection of the first projection type, and wherein the projection of said first group are smaller in radius and greater in number per longitudinal row than the cylindrical projections of said second projection type.

31. A pillow comprising:

a main-body of foam,

- a first foam ridge extension extending along a front edge region of said mainbody,
- a first row of foam projections of a first projection type,
 - a central zone of foam projections of a second projection type, and said first row of foam projection of said first projection type being positioned laterally between said first foam ridge extension and said central zone of foam projections.
 - 32. The pillow of claim 31 further comprising a second row of foam projections of the first projection type which is positioned to an opposite lateral side of said central zone as said first row of foam projections of said first projection type.
 - 33. The pillow of claim 32 further comprising a second foam ridge extension positioned laterally rearward of said second row of foam projections of said first projection type.
 - 34. A unitary foam pillow comprising:
- a main body having a longitudinal length and a lateral width and a convex upper surface:

and a plurality of projections extending up of said convex upper surface and arranged in different support characteristic groupings.

- 35. The pillow of claim 34 wherein said projections include a first group that is greater in number and smaller in projection volume relative to a second group that is less in number but greater in projection volume.
- 36. The pillow of claim 35 wherein said projections in said first and second groups have essentially a common height and maximum width of the projections in said second group is greater than that of said first group.
- 37. The pillow of claim 36 wherein said projections are cylindrical projections with the first group having a smaller radius than that of said second group.
- 38. The pillow of claim 30 wherein said projections cross-sectional projections and there is further provided a longitudinal ridge of extension position for neck contact.